

## LONG BEACH POLICE ACADEMY DISTANCE RUNNING CHART

Activity (Elapsed time is 15-40 minutes)	Week 1 - 2	Week 3 - 4	Week 5 - 6	Week 7 - 8	Week 9 - 10	Week 11 - 12	Week 13+
Distance (in miles)	1.5	2.0	2.5	3.0	3.5	4.0	4.5
Target Pace (minutes/miles)	10:00	9:30	9:00	8:30	8:00	8:00	8:00
Maximum Pace (minutes/miles)	11:00	10:30	10:00	9:30	9:00	9:00	9:00
Run Time (minutes)	15:00 – 16:30	19:00 – 21:00	22:30 – 25:00	25:30 – 28:30	28:00 – 31:30	32:00 – 36:00	36:00 – 40:30
440 yards Target Time (minutes)	2:30	2:23	2:15	2:08	2:00	2:00	2:00

## AEROBICS EXERCISE CIRCUIT WITH CALISTHENICS (RUN CIRCUIT TWICE)

Activity	Week 1 - 2	Week 3 - 4	Week 5 - 6	Week 7 - 8	Week 9 - 10	Week 11 - 12	Week 13+
1. Power Push-Up	10	10	12	12	14	14	Add 2 reps every 2 weeks
2. Sprint 220 yards at $\frac{3}{4}$ speed	1:00	1:00	1:00	1:00	1:00	1:00	1:00
3. Abdominal crunches (pause @ top of feet)	20	25	30	35	40	45	Add 5 reps every 2 weeks, 4 second pause
4. Jog 440 yards	2:30	2:26	2:22	2:18	2:15	2:15	2:15
5. Alternate Dorsal Arch	10	12	14	16	18	20	Add 2 reps every 2 weeks
6. Sprint 220 yards at $\frac{3}{4}$ speed	1:00	1:00	1:00	1:00	1:00	1:00	1:00
7. Military Push-Ups	15	20	25	30	35	40	Add 5 reps every 2 weeks
8. Jog 440 yards	2:30	2:26	2:22	2:18	2:15	2:15	2:15
9. Bicycle Crunches (4 counts)	20	20	25	25	30	30	Add 5 reps every 2 weeks
10. Sprint 220 yards at $\frac{3}{4}$ speed	1:00	1:00	1:00	1:00	1:00	1:00	1:00
11. Prayer Push-Ups	6	6	8	8	10	10	Add 2 reps every 2 weeks
12. Jog 880	5:00	4:52	4:44	4:36	4:30	4:26	4:26